

NAVRESREDCOMREGTHIRTEENINST 6110.1G
N01
18 May 99

NAVRESREDCOMREGTHIRTEEN INSTRUCTION 6110.1G

Subj: PHYSICAL READINESS PROGRAM

Ref: (a) OPNAVINST 6110.1E
(b) OPNAVINST 5102.1B
(c) BUPERSINST 1610.10
(d) OPNAVINST 5100.23

1. Purpose. To emphasize the need for a Physical Readiness Program for all Naval personnel. Reference (a) should be used as a guide to implement a physical readiness program. This instruction emphasizes key points of an adequate physical readiness program.

2. Cancellation. NAVRESREDCOMREGTHIRTEENINST 6110.1F.

3. Policy. Every member should personally strive to achieve and maintain the highest standard of physical readiness to ensure the operational effectiveness of the United States Navy. Members failing to achieve standards are a detriment to the readiness and sustainability of their units and compromises the overall mission effectiveness of the Navy.

4. Responsibility

a. The Readiness Commander shall ensure that the objectives of this program are achieved by:

(1) Providing guidance to commands for implementing administrative procedures and educational programs.

(2) Designating a Staff Command Fitness Coordinator (CFC) who will provide program guidance for subordinate echelon CFCs and serve as a central point of contact between major claimants, subordinate commands, and Chief of Naval Personnel.

(3) Reviewing the Command PRT Program during administrative inspections. Senior inspectors will familiarize themselves with the guidelines established in reference (a). During inspections or

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visits to Reserve centers, senior officers and inspectors will ensure compliance with the physical readiness program.

b. Reserve Center Commanding Officers (CO's) shall establish an effective Physical Readiness Program using reference (a) as a guide. Specifically:

(1) Appoint a full time staff member as the CFC. Each unit should appoint a CFC to support the Reserve Center CFC. There should be one CFC/Assistant CFC for every 25-unit members assigned.

(2) Ensure CFC's have attended the Navy Exercise Leader Training Course and are certified in Cardiopulmonary Resuscitation (CPR).

(3) Recognize members who score an outstanding on the PRT or who show significant improvement in any or all areas of the PRT with a certificate of achievement.

c. CFC's shall:

(1) Schedule and conduct the Physical Readiness Test (PRT) at least semiannually for all personnel assigned. Use enclosure (3) of reference (a) as a guide.

(2) Ensure that all members complete the Risk Factor Screening (Section B of OPNAV 6110/2) 10 to 12 weeks prior to the scheduled PRT. Members who answer "yes" to any question must have Section D of the OPNAV 6110/2 completed by an Authorized Medical Department Representative (AMDR) prior to participation in the PRT.

(3) Document sections C, F, and G of the OPNAV 6110/2 as required by reference (a). Ensure that all required personnel participate in the PRT or have a waiver. Out of standard members or those without a current physical examination may not participate in the PRT without clearance from an AMDR.

(4) Take height and weight measurements between two and ten days prior to the PRT. Selected Reserve personnel may be measured the month prior to the PRT or on the day of the PRT if necessary. Members who exceed height and weight charts will be measured with a

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tape measure to determine body fat percentage per reference (a). Body fat measurements will be conducted on the same day as height/weight measurements.

(5) Supervise the Command Directed Physical Fitness Program (CDPC). Ensure that all administrative actions listed in

enclosures (5) and (6) of reference (a) are completed for members who fail any portion of the PRT.

(6) Advise the chain of command on all matters related to the physical readiness program. Regularly report the progress of members on the CDPC program to the Unit Commanding Officer/Reserve Center Commanding Officer.

(7) Report any PRT program injuries to the Safety Officer. PRT program injuries must be reported and documented per references (b) and (d).

d. All members of the Navy must achieve and maintain a level of physical readiness equal to, or greater than, prescribed standards at all times. Additionally, members should:

(1) Document all routine and required fitness program progress.

(2) Schedule and complete a physical examination, required by reference (a), before participating in the PRT. Members with a physically limiting medical condition will have their level of required participation determined by a medical officer prior to testing. A medical officer must complete section E of the OPNAV 6110/2 if an existing medical condition will cause a member to be unable to successfully complete the PRT, or further injure or endanger the member's health.

5. Action

a. Establish a routine physical fitness program per reference (a). A routine fitness program is required for all personnel including those with medical waivers. The program should include three 30-40 minute aerobic exercise sessions per week. CO's are strongly encouraged to use the normal workday to satisfy this requirement. Off-duty hours can be used for members with work schedule conflicts.

b. Active duty and Selected Reservists who are not within body fat standards and/or fail the PRT will be placed in the CDPC program and measured/weighed monthly. Document progress on section G of the OPNAV 6110/2.

(1) Full Time Support personnel shall be placed in a CDPC per reference (a). Refer to enclosure (5) of reference (a) for specific guidelines to establish a CDPC program.

(2) CDPC programs will last for a minimum of six months or until the member passes a scheduled physical readiness test. CDPC members must attend 75% of all required exercise sessions.

(3) Reservists in the CDPC program are responsible for initiating life style changes that include daily exercise and proper nutrition to achieve minimum physical readiness standards.

c. Ensure that the physical readiness of all personnel assigned is tested semi-annually.

d. CO's will ensure that appropriate entries are recorded on evaluations/fitness reports as required by references (a) and (c).

(1) The most recent performance on the PRT must be reflected in block 20 of the Officer Fitness Report and Enlisted Performance Evaluation as directed by references (a) and (c).

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(2) Members who measure out of standard for one cycle or fail any portion of the PRT (except the sit reach) during the reporting period of an evaluation/fitness report may not receive higher than 2.0 in "Military Bearing" and an overall grade not higher than "Promotable".

(3) Members who measure out of standard or fail two PRTs in one reporting cycle may not receive a grade higher than 1.0 in "Military Bearing" and an overall grade not higher than "Significant Problems".

e. Officer and enlisted personnel who do not meet minimum PRT standards may be subject to other administrative and statutory actions as outlined in reference (a).

f. Full Time Support members identified as out of standards will not perform or be assigned to high visibility duties (funeral detail, honor guard, color guard) in which wearing of the uniform will degrade the image of the Navy, Naval Reserve and REDCOM Thirteen. Members with PRT failures for the physical portion or height/weight may not be allowed to attend certain schools. Refer to quota control prior to securing a quota in schools for personnel with PRT failures.

g. Per reference (a), members with one or two PRT failures may perform Annual Training/Active Duty Training/Individual Travel Training (AT/ADT/IDTT). However, the unit Commanding Officer and Reserve Center Commanding Officer must ensure that a member's physical appearance will not degrade the image of the United States Naval Reserve. All applications for AT/ADT/IDTT should list the most recently documented body fat percentage.

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6. Report. Complete OPNAV 6110-3, Command Physical Readiness Test Summary not later than 31 October with the results of the second PRT per reference (a). Provide a copy of the report to the REDCOM 13 PRT Coordinator.

/s/
E. B. WEISS
Deputy

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